



North Andover Senior Center Weekly News Article

March 30th, 2016

911 Enhanced Silent Call Procedure.

What do you do when you have to call 911 and you cannot speak? In Massachusetts there is a 911 enhanced Silent Call Procedure. These easy steps can be utilized using a touchtone wireline telephone or cell phone that allows a caller who is unable to verbally communicate their emergency over the phone to receive the appropriate responses. If you need to call 911 and you are unable to speak for any reason, such as physical disability, domestic violence or home invasion, follow these simple steps using a touchtone wireline telephone or a cellphone. First in an emergency situation Dial 911. Once the call is answered, indicate your need by pressing the appropriate number on your phone.

- If you need POLICE-Press 1. FIRE-Press 2. AMBULANCE-Press 3.
- The 911 dispatcher may ask questions that require a YES or NO answers,
- Press 4 for YES. Press 5 for NO.

Upcoming Socials:

MEN'S BREAKFAST – Thursday April 14th at 9am. Following at 9:30 the speaker will be the Town Manager of North Andover, Andrew Maylor.

RED SOX OPENING DAY – Monday April 11th. Come to the Senior Center to enjoy a “Fenway” frank with baked beans and chips. Wear your team spirit shirts and caps. Sign up with reception. Cost \$3.00.

Upcoming Day Trips:

Thursday April 21st, Indian Hill Music Hall in Littleton. 11:00 am performance of Jazz, Dixieland and Swing Hits. Van departs 9:30, cost \$6, bring a bag lunch, and complimentary coffee, tea and cookies. Sign up begins March 31st.

Thursday April 21st, Monthly Supper Club to Calitri's Italian Cuisine in Danvers. Sign up begins Wed April 6th. Van cost \$6, and departs at 4:15. Order off the menu and separate checks. Limited to 20.

Day Trip to Newburyport Senior Center. Tuesday April 26th. Van cost \$6 and departs at 9:30. We will arrive in Newburyport in time for a morning discussion group, then a tour and then a cooking demo with lunch. Sign up begins April 12th.

Upcoming Events/Programs cont....:

Come to our FIX IT Shop! MR. FIX IT: First and 3rd Thursday of every month from 12-3pm. We repair almost as good as new. Lamps, with cords and sockets, replace watch batteries, small tables and chairs. Anything that is not listed, we will give it a shot! Your cost is \$2 - \$4 depending on work needed, plus parts. Proceeds benefit the Senior Center.

How about joining a new Exercise Class?

Strength Training & Yoga Combo- Mondays 10-11:30a.m.

Tai Chi & Chi Gong- Tuesdays at 9-10a.m.

Joy of Exercise- Thursdays at 10-11am.

Zumba Basic & Fitness- Mondays, Wednesdays and Thursdays at 4:30-5:30pm.

Zumba Gold- Mondays and Wednesdays at 3:30-4:15pm.

ONE ON ONE COMPUTER INSTRUCTION: 45 minute sessions for \$7, Tuesdays with George Chory and Thursdays with Tom Kookan. Hours are 9-12. Make your appointments with reception 978-688-9560. This time can accommodate gadgets, too, if necessary (Phones, Tablets, etc.)

LECTURE SERIES: Every Monday 10-11:30. Call reception 978-688-9560 for the schedule.

NEWS & VIEWS: Every Wednesday at 10-11:30. Come and join in the lively discussion of current events, politics, history and you never know what else?!

MEET WITH AN ATTORNEY: Atty. Bridget Murray, Tuesday March 22nd and Atty. Ramsey Bahrawy, Tuesday March 8th. Schedule with Reception-first consult is free.

Join Us in “The Giving Back Trees” by the Senior Center !

We are inviting the **Entire community of North Andover** to donate from the following lists, to our TWO Year-Round “Giving Trees.”

******NEEDS for babies (preemie to 3months)******

Onesies* Socks* Cotton Mittens* Cotton Caps* Swaddling Blankets* Bibs*
Burping Cloths* Pacifiers* Drawstring Nighties.

*****NEEDS for Home-Bound Seniors******

CVS or Market Basket Gift Cards* Batteries* Mini flashlights*
Postage Stamps* Pens* Sugarless Candy

Any questions contact Cahla, Program Coordinator at the Senior Center,
978-688-9560.

WELLNESS SERVICES

WALK IN CLINIC: Wednesdays 9-12 pm, the North Andover Senior Center and Home Health Inc/VNA operate a wellness clinic. If you are a North Andover Senior, we urge you to take advantage of this opportunity to check your blood pressure, blood sugar, weight and blood oxygen levels. Consult privately with an RN regarding any medication and health issues that you are concerned about. There is no charge for this service. Donations are gratefully accepted.

MASSAGE THERAPIST: Antonio Chong, MSW, LMT will be at the North Andover Senior Center the 2nd Friday of every month 15 or 30 minute Chair Massage Sessions Available. Call reception for the Next Available Appointment. Special Discount for Senior Citizens.

FOOT CARE: RN Catherine Languedoc, Foot Care Specialist (\$30), 3rd Friday of every month from 8:30-2:30.

WALKING GROUP- Our Walking Group walks at the Youth Center at 9 a.m., Monday through Friday. Athletic shoes required for the gym floor.

Volunteers are the backbone of the North Andover Senior Center, we currently need Medical Transport Volunteers. You can set your own hours. Call the Senior Center for more information. Speak with our Program Coordinator at 688-9560 for an application and assistance.

LOOKING TO GIVE BACK TO THE COMMUNITY?

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